



# PET PALS

## CAT HEALTH CHECK SHEET

- EYES
- EARS
- NOSE
- MOUTH
- THROAT & CHEST
- PAWS & CLAWS
- ABDOMEN
- FUR & SKIN

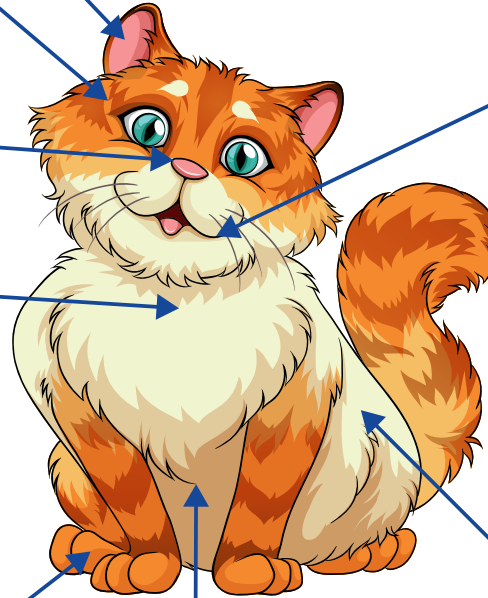
**EYES** - Check for discharge, redness or blinking. These can all be signs of infection, pain or serious issues like scratches on the eye.

**EARS** - Check that they are clean and not black or red inside as inflammation, excessive wax or black dust could be a sign of ear mites or other problems. Signs of ear problems can include your cat shaking their head, their ears looking red or smelling different. Inner ear problems might cause your cat to have a head tilt or even lose their balance.

**NOSE** - Look out for discharge, sneezing or breathing changes to make sure your cat's nose is as healthy as possible.

**MOUTH** - If it is safe to do so have a look in your cat's mouth. Your cat's gum colour should be a salmon pink colour (unless pigmented) and when you press on the gum the colour should return within 2 seconds once released. Monitor your cat for signs of pain when eating, a reduced appetite, smelly breath or weight loss which can all be signs of dental disease.

**THROAT AND CHEST** - Cats can develop changes to their breathing for lots of reasons. Anywhere from their nostrils down to their air sacs within their lungs can become blocked with mucus or inflamed causing wheezing, coughing or sneezing.



**PAWS AND CLAWS** - Cats have retractable claws but older cats sometimes lose the ability to draw them back as they age. Whatever your cat's age it is important to monitor their claws and ensure they are not overgrowing and causing sores on their pads.

**ABDOMEN** - Your cat's abdomen contains lots of vital organs to help with digestion, blood storage and fluid balance. Cats can get stomach upsets just like us and may show signs of vomiting, diarrhoea, reduced appetite or stomach pain.

**FUR & SKIN** - Check your cats coat, sometimes their coat may become dull, scurfy, greasy or even fall out. One of the commonest reasons for skin irritation in cats is fleas so monthly preventative treatment is essential. Check that it's smooth without lumps or bumps as these could be ticks or even abscesses.

If you notice any problems with your cat, see your vet as soon as possible.